

Third Annual Breakfast with Bob

Here at the SportsCom, we know it's difficult to stay motivated to exercise during the holidays so We want to reward everyone for their exercise commitment during this busy time

Instructions:

We will be charting your visits to the SportsCom weight room or track starting Monday, December 20, 2010, through Sunday, January 2, 2011. (2-week holiday workout period)

*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job" adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

*If you exercise 11 times during the 2-week holiday period you will receive a special invitation to attend Breakfast with Bob! During this special event Bob will personally tell everyone, "Great Job" with genuine excitement!



Age: Adult (age 16 +)

Registration: Begins Thursday, December 16, 2010 and Ends Monday, December 20, 2010.

Please register at the SportsCom Weight room sign-in desk.

Date: Monday, December 20 – Sunday, January 2
(2 week holiday workout period)

Excluding Christmas and New Year's Day /Sports Com will be closed

Friday, January 14 – Breakfast with Bob – **invitation only**

Location: SportsCom weight room and track

Fee: Free

Contact: Jennifer Joines – 615-895-5040

or e-mail jjoines@murfreesborotn.gov

Holiday Hold Continues and Ends

You still have one more month to go to keep those dreaded holiday pounds away. Keep coming to classes and using the exercise equipment to counter those many parties, snacks and stress. Post-measurements will be taken Jan. 3 through 7. If you kept your weight within 5 lbs and your waist within one inch, you may win a prize.

Ages: 18 and up

Date: Jan. 3-7: Post-measurements

Day: Workouts and activities done on own

Time: Workouts and activities done on own

Location: Sports*Com

Fee: FREE (you must pay normal facility fees for any activities)

Contact: Allison Davidson, 895-5040

3rd Annual Aerobic Triathlon

Challenge your fitness level with 2 hours of exercise. You'll get 45 minutes each of cardio, weight training and stretching/yoga. Refreshments will be offered. Can you complete all three?

Ages: 18 and up

Date: February 5, 2011

Day: Saturday

Time: 9:00 a.m. – 11:30 a.m.

Location: Sports*Com Aerobic Room

Fee: Premium Admission (\$4 Adults / \$3 Youth & Seniors)

Contact: Allison Davidson, 895-5040

Heart Healthy Giveaway

Win a special treat on Valentine's Day!

Work out at the SportsCom and receive a heart.

Fill in the heart with:

1. Your name

2. Your Number

3. What you love most about Sports*Com, and we'll enter your name in the giveaway.

** (only one entry per customer please) **

Age: Adult

Date: Monday, February 14, 2011

Time: Open to Close

Location: SportsCom

Fee: Free

Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

6am Running Group

We'll be running outside – weather permitting.

Age: Adult
 Day: Monday, Wednesday and Friday
 Date: Monday, December 6, 2010 – Friday, March 25, 2011
 Time: 6:15am
 Location: SportsCom
 Distance: 3 miles
 Fee: Free
 Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Martial Arts Schedule

Shuharido School of Karate
 Karate Style: Wado Ryu (Japanese Karate)
 Instructor: David Harris – Certified 3rd Degree Black Belt
 Ages: 14 years and up
 Location: Sports Com
 Days & Times: Tuesday 6:00-7:30pm
 Friday 6:00-7:30pm
 Fee: Call for information
 Contact: David Harris, 615-896-6431

The Absolute Walking Program

Go from strolling to finishing a 5K in 8 weeks!
 This Intense program is designed to create a new habit - regular exercise!

Age: 18+
 Date: Monday, February 14, 2011 - Friday, April 8th
 Day: Monday -Friday
 Time: 8am
 Location: Sports Com - Outside Walking Trail
 (Please dress for the weather)
 Fee: free
 Contact: jjoines@murfreesborotn.gov or 895-5040 Sports Com
 Registration required

Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

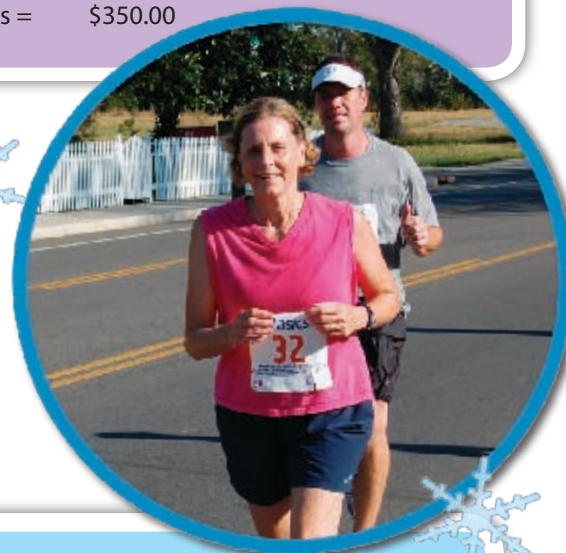
Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports*Com.

Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session =	\$35.00
4- 1 hour sessions =	\$120.00
8- 1 hour sessions =	\$220.00
12- 1 hour sessions =	\$300.00
15- 1 hour sessions =	\$350.00



Dieting Tips while Travelling for the Holidays!

Wear workout gear & sneakers

~You'll be able to run through the airport. Plus, you'll be more apt to get up and move if you're delayed.

Pack Snacks

~Bring fruit, water, nuts, veggies, whole-grain cereal and low-cal/low-sugar energy bars.

Focus on other indulgences

~Catch up on sleep, drink lots of water, eat fresh fruit, and enjoy some pampering.

Take a daring fitness class

~Try something you might not try at home – boxing or salsa dancing. Find the nearest gym and score a free pass at www.gymticket.com.

Most important – Don't let your travels derail your diet.

Further information – Please call Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Patterson Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30 a.m.	Yoga 8:30 - 9:30 a.m.	Cardio Blast 8:30 - 9:30 a.m.	Pilates 8:30 - 9:30 a.m.	Core Values 8:30 - 9:30 a.m.	
Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Senior Sensations 9:30 - 10:30 a.m.	Saturday Surprise 9:00 - 10:00 a.m.
	Zumba 4:30 - 5:30 p.m.		Step-n-Sculpt 4:30 - 5:30 p.m.	Body Sculpt 4:30-5:30 p.m.	
Step-n-Sculpt 5:30 - 6:30 p.m.	Step-n-Sculpt 5:30 - 6:30 p.m.	Body Sculpt 5:30 - 6:30 p.m.	Cardio Blast 5:30 - 6:30 p.m.		
Yoga 6:30 - 7:30 p.m.	Step-n-Sculpt 6:30 - 7:30 p.m.	Yoga 6:30 - 7:30 p.m.	Body Sculpt 6:30 - 7:30 p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout, then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



Sports★Com Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-press 6:15-5:45 p.m.		X-press 6:15-5:45 p.m.			
	Tai Chi 7:00-7:45 a.m.		Tai Chi 7:00-7:45 a.m.			
Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Step/Tone 8:30 - 9:30 a.m.	
Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00 a.m.		
B-B-C 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00 p.m.	Step/Tone 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00 p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00 p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists standing moves and floor work with significant abdominal and lower back work.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Yoga

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

X-Press

30 minutes of straight weight lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.





MJ's Detroit Hustle Soul Line Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No problem. Walk-ins are welcomed. No dancer left behind, on site instructors.

Mondays :	10:30 am – 11:30 am 7:30 pm – 8:30 pm
Wednesdays:	10:30 am – 12:30 pm
Fridays:	6:00 pm – 8:00 pm
Location:	PPCC Exercise Studio
Ages:	All Ages
Fee	\$20.00 monthly
Fee	\$5.00 drop in
Contact:	MJ Hollins, 713-8143, or digitalmj@bellsouth.net

Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages:	All
Dates:	Ongoing
Days:	Tuesday, Thursday, Saturday
Time:	T & Th 7:30pm – 8:30pm, Sat. 10am – 12:00pm
Location:	PPCC Exercise Studio
Fee:	Contact Bryan
Contact:	Bryan Todd 584-1024

12-Week Weight Loss Challenge

Is your New Year's Resolution to lose weight and improve your health? If your answer is yes, then you may be ready for the 12-week weight loss challenge. There will be informative group meetings, a personalized exercise program, and accountability. The winner will be determined by the percentage of weight lost. Space is limited. The deadline for registration is Jan 3rd.

Ages:	16 & up
Dates:	Beginning January 3rd/Final Weigh-in March 28th
Days:	Meetings/Weigh-ins are on Mondays
Time:	5:30pm – 6:30pm
Location:	Patterson Park Meeting Room
Fee:	\$100
Contact:	Chad Hill, C.S.C.S., @ 893-7439/chill@murfreesborotn.gov

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages:	15 and up
Dates:	Ongoing
Days:	Thursdays, Fridays, and Saturdays
Time:	Friday 7:00-8:00 am, Saturday 12:30 - 1:00 pm @ Patterson Park Thursdays 5:30 - 6:45 p.m. @ Sports*Com
Fee:	Contact Bret Hawkins
Contact:	Bret Hawkins @ 895-4932

